

NUTRITION AND PHYSICAL ACTIVITY PROGRAM

The NPA program is committed to empowering and educating members of the community on ways to eat healthier and increase physical activity to help maintain a healthy weight. The team utilizes the following evidence-based curricula to provide optimal education to every age group:

EAT. PLAY. GROW. (for ages 2-5)

Creative educational approach to teaching children and their parents how to make healthy nutrition and physical activity choices.

CATCH

(Elementary, Middle, and High School ages)

Designed to create behavior change by enabling children to identify healthy foods and increase physical activity.

COOKING MATTERS (for everyone ages 7+)

Hands-on activities that will improve skills at planning and preparing healthy and tasty meals.

CHRONIC DISEASE PREVENTION CLASSES

Educates participants about prevention and management of chronic diseases such as: diabetes, hypertension, and heart diseases. (For Adults)

SENIOR CLASSES

Participants learn about various nutrition topics related to healthy aging. (For Seniors)

- Lessons are FREE for all ages.
All lessons are taught by Registered Dietitians.
- Sessions are 45 minutes to 1 hours long but can be modified to fit organization's needs.
- Participating facilities can schedule either 1-2 sessions.
- How can I participate?
 - Schools, community centers, after school programs etc.,



To schedule a free session email/call us:

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